

BE IMPECCABLE WITH
YOUR WORD

Speak with integrity.
Say only what you mean.
Avoid using the word to speak
against yourself or to gossip
about others. Use the power of
your word in the direction
of truth and love.

DON'T TAKE ANYTHING
PERSONALLY

Nothing others do is because of you.
What others say and do is a
projection of their own reality,
their own dream. When you are
immune to the opinions and actions
of others, you won't be the
victim of needless suffering.

THE FOUR AGREEMENTS

Find the courage to ask questions
and to express what you really
want. Communicate with others
as clearly as you can to avoid
misunderstandings, sadness,
and drama. With just this one
agreement, you can completely
transform your life.

DON'T MAKE ASSUMPTIONS

Your best is going to change from
moment to moment; it will
be different when you are
healthy as opposed to sick.
Under any circumstance,
simply do your best, and you
will avoid self-judgment,
self-abuse, and regret.

ALWAYS DO YOUR BEST

Agreement #4: Always Do Your Best

The video explores the fourth and final agreement:

“Always do your best.”

The first three agreements are in the realm of the *virtual* reality, but the fourth agreement is in the realm of the *physical*.

Do. Take action.

“Always do your best” is the agreement that allows the other three agreements to become deeply ingrained habits because you take action and keep practicing until you master the action”.

If you do your best always, over and over again, you will become a master of transformation. Practice makes a master. Everything you have ever learned, you learned through repetition. You learned to write, to drive, and even walk by repetition. You are a master at speaking your language because you practiced. Action is what makes the difference.

What could be an example of an Action you may have learned that *doesn't* allow you to do your best?

Review an example from the book? Page 77

How do we decide when we are doing too much or too little?

Are you in the habit of doing your best, or do you try to get by with as little effort as possible?

OR

Are you in the habit of overdoing, depleting your energy, and going against yourself?

“In your everyday moods, your best can change from one moment to another, from one hour to the next, from one day to another. Your best will also change over time. As you build the habit of practicing The Four Agreements, your best will become better than it used to be.”

“Always do your best, but don’t overdo. If you overdo, you spend more energy than is needed and go against yourself. If you do less than your best, you subject yourself to self-judgment, guilt, and regrets.”

Just do your best-in any circumstance in your life. It doesn’t matter if you are sick or tired, if you always do your best there is no way for you to judge yourself. And if you don’t judge yourself there is no way you can suffer from guilt, blame, and self-punishment.

**Is there examples in your life of what
Not Doing Your Best would be?**

Doing your best, you are going to live your life intensely. You are going to be productive, you are going to be good to yourself, because you will be giving yourself to your family, to your community, to everything. But it is the ACTION that is going to make you FEEL intensely HAPPY.

Doing your best is taking the ACTION because you love it, not because you are expecting a reward. Most people do exactly the opposite: They only take action when they expect a reward, and they don't enjoy the action. And that's the reason why they don't do their best.

For example, most people go to work every day just thinking of payday, and the money they will get from work they are doing. They can hardly wait for Friday or Saturday, whatever day they receive their money and can take time off. They are working for the reward, and as a result they resist work. They try to avoid the action and it becomes more difficult, and they don't do their best. They work so hard all week long, suffering the work, suffering the action, not because they like to, but because they feel they have to. They have to work to pay rent, because they have to support a family. They have all the frustration, and when they do receive their money, they are unhappy. They have two days to rest, to do what they want to do, and what do they do? They try to escape. They get drunk because they don't like themselves. They don't like their life. There are many ways that we hurt ourselves when we don't like who we are.

On the other hand, if you take action just for the sake of doing it, without expecting the reward, you will find that you enjoy every action you do. Rewards will come, but you are not attached to the reward. You can get even more than you imagined for yourself without expecting a reward. If we like what we do, if we always do our best, then we are really enjoying life. We are having fun, we don't get bored, we don't have frustrations.

When you do your best, you don't give the Judge the opportunity to find you guilty or to blame you. If you have done your best there are no regrets.

It is not an easy agreement to keep, but this agreement is really going to set you free. How do you take Action?

ACTION VS INACTION

Doing your best really doesn't feel like work because you enjoy whatever you are doing. You know you're doing your best when you are enjoying the action or doing it in a way that will not have negative repercussions for you. You do your best because you are trying to please the Judge, and not because you are trying to please the people.

Action is about living fully.

Inaction is sitting in front of the television every day for years because you are afraid to be alive, to take the risk of expressing what you are. Expressing what you are is taking action. You can have many great ideas in your head, but what makes the difference is the action. Without action upon an idea, there will be no manifestation, no results, no reward.

Doing your best is a great ritual to have. Doing your best is a ritual you can make. It's a belief that you can choose. You have to honour the man or woman you are. Respect your body, enjoy your body, love your body, feed, clean and heal your body.

Exercise and do what makes your body feel good.

When you honour your body (this includes your mind), everything will change for you.

Taking a shower can be a ritual, with the action of telling your body how much you love it. Feeling and enjoying the water on your body. Doing your best to fulfil the needs of your body, to give to your body and receive what your body gives to you.

Is there a Ritual(s) you do fulfil the needs of your body?

AGREEMENT ALWAYS DO YOUR BEST

This AGREEMENT is made on _____(today's date) to Always Do My Best. I was born with the right to be happy. I was born with the right to love, to enjoy and to share my love. I am alive, so I will take Action with my life and enjoy it. I don't need to prove anything. Just to be, to take risks and enjoy life, is all that matters. Say no when I want to say no, and yes when I want to say yes. I have the right to be me. I can only be me when I do my best. When I don't do my best, I am denying myself the right to be me. That's the seed I will nurture in my mind. I don't need knowledge or great philosophical concepts. I express my own divinity by being alive and by loving myself and others.

The first three agreements will only work if I do my best. Don't expect that I will always be impeccable with my word. My routine habits are too strong and firmly rooted in my mind. But I can always do my best. Don't expect that I will never take anything personally; just do my best. Don't expect that I will never make another assumption, but I can certainly do my best.

I will take action every day to work at this agreement and will repeat this action with the symbol _____ until the habit is firmly established and no longer requires my attention.

Signed: _____

Witness: _____